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NEWS WORTH SHARING.



O-Train 0 for 3

Service halted for third day. PAGE 3



I TAKE THEE, FIGARO

Soprano Sasha Djhanian tries on the wedding gown she will wear in Opera Lyra's production of *The Marriage of Figaro* at McCaffrey Haute Couture on Tuesday. David McCaffrey, pictured, designed the 1900s-era dress specially for the show. See story, page 4. LUCY SCHOLEY/METRO

Hydro Ottawa hike needed: Councillor

Utilities. Bill increase needed to fix aging infrastructure

Hydro Ottawa customers could see their monthly bills go up nearly \$10 by 2020, but Coun. Marianne Wilkinson said the hike is needed to replace aging infrastructure and keep outages down.

The utility is conducting on-line customer surveys before it submits an investment plan for 2016-20 to the Ontario Energy Board (OEB).

The survey includes estimates of how much residential and commercial bills might increase in the next five years.

Residential bills could increase next year by \$3.60 a month and then jump another \$1.55 per month, according to the survey. Under the scheme, it would mean \$9.80 more per month by 2020.

Commercial customers would pay an estimated \$20.20 more per month by 2020.

The survey says the biggest driver for an increase is the \$181 million worth of repairs the electrical network needs.

Wilkinson, who sits on the Hydro Ottawa board, said while customers don't want to pay more for hydro, if the repairs are ignored, customers will be even more upset.

"If you don't put the rates up and people end up without power, they could lose even more money," she said. "They could lose the food in their freezers and refrigerators. All sorts of things happen when you don't have power."

About 21 per cent of power outages in 2014 were weather-related, while 26 per cent of them were caused by equipment failures, according to the survey.

"It is a significant change and I understand that and we have not made a decision on the rates yet," Wilkinson added. "But I don't want the system to fail."

The public can complete the survey at hydroottawa.com/survey. JOE LOFARO/METRO

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Hockey

'Alfie' to get city's highest honour

Alfie is getting the Key to the City Thursday night.

Daniel Alfredsson, the former Ottawa Senators captain, is receiving the city's highest honour for his 14 years leading the team and for work with the Ottawa Senators Foundation, the Royal Ottawa Foundation for Mental Health, and the Boys and Girls Club.

As Mayor Jim Watson is recovering from a fractured pelvis, Deputy Mayor Bob Monette will present Alfredsson with the honour.

LUCY SCHOLEY/METRO



Daniel Alfredsson
THE CANADIAN PRESS

Labour

Inquest probes death of elevator technician

An inquest into the death of an Ottawa construction worker nearly four years ago began on Tuesday.

Elevator mechanic Ross Angus was found dead at the bottom of an elevator shaft in an unfinished condo building on Richmond Road on Oct. 12, 2011. He was a 48-year-old father and minor hockey coach.

According to a news release, the inquest is mandatory under the Coroners Act. It will examine surrounding circumstances and may make recommendations on how to prevent further accidents. The inquest will hear from 11 witnesses over three days.

LUCY SCHOLEY/METRO WITH FILES FROM JESSICA SMITH-CROSS

O-Train stopped for third day

O-Train passengers must find other ways to get to work and school again on Wednesday, as the city continues working on signal light problems.

It will mark the third day of the O-Train's signal switch issues since the city launched the upgraded Trillium Line system on Monday.

There are two separate signalling problems, according to a memo sent to Metro by the city's communications department.

The first issue is linked to an "isolation joint used to separate different train signals," the city's general manager of transit services, John Manconi, is quoted as saying.

Each of the 18 locations along the new passing tracks will be inspected and repaired if needed.

The second issue is still a mystery. While crews have identified the location of the problem, the root cause is still under investigation.

The city communications team could not say whether the service will be running again on Thursday, but another update is expected Wednesday afternoon.

Meanwhile, Route 107 buses will supplement the trains.

On Monday, the city launched its \$60-million O-Train Trillium Line Expansion

project and trains were delayed due to signal switch issues.

Transit Commission chairman Coun. Stephen Blais told media Tuesday the problem that affected the trains Monday was identified quickly and fixed, but a new "electrical" problem arose Tuesday with one of the newer switches on the line.

"The problem has been identified and we do have the parts and the maintenance capacity to make the repairs today," he said, added the root causes of the problem had not been identified, and a series of tests would need to be carried out before the service could resume. LUCY SCHOLEY/METRO



The new expanded O-Train Trillium line has gotten off to a rocky start.
LUCY SCHOLEY/METRO

United Way honours young charity leader

Cancer. Paige Thurlbeck has motivated peers to donate hair and funds



JOE LOFARO
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At age 12, Paige Thurlbeck is the youngest person to receive the United Way's Community Builder Award after she and her classmates chopped off their hair and helped raise \$25,000 for the Ottawa Regional Cancer Foundation.

Towering over her at city hall Tuesday were 33 other award recipients who were recognized for their contributions to the community and had their names unveiled on the Wall of Inspiration in Jean

Pigott Hall.

The Grade 7 student started donating her hair in 2010 after following in the footsteps of another classmate. Every two years, she chops her locks once it reaches a certain length.

"It feels great knowing that your support has been recognized. And it feels great to have your name on the wall," she said Tuesday after receiving the award.

Thurlbeck was behind the successful Paige's Ponytails, Buzz for Bucks and bike-athons at Terry Fox Elementary School. But she isn't going to let the charity work end now that she's being recognized.

She's waiting to grow her hair past her shoulders and cut it again next March.

Her mother, Joanne Thurl-



Paige Thurlbeck is the youngest person to receive the United Way Community Builder Award. JOE LOFARO/METRO

beck, said she is beyond proud of her daughter, who also got boys donating hair as her campaign gained more attention.

"Because she inspired

enough children, she talked about it enough and believed in it enough that a third of her class participated in her event," her mom said.

1 NEWS

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Marriage of Figaro graced by a Downton Abbey-style gown

Theatre. Dress by David McCaffrey designed specially for Opera Lyra production



LUCY SCHOLEY
lucy.scholey@metronews.ca

The wedding gown fitting for an Ottawa opera production Tuesday was like an early 1900s-era version of Say Yes to the Dress.

Soprano Sasha Djihanian stepped out in front of the full-length mirror to unveil the 100 per cent silk gown she will don for Opera Lyra's staging of The Marriage of Figaro at the National Arts Centre later this month.

With full sleeves and accented by a bonnet veil, it's like something straight out of Downton Abbey.

"I slipped into it like butter," said Djihanian, who's cast as bride-to-be Susanna.

Designer David McCaffrey, of the downtown McCaffrey Haute Couture gown shop, designed the dress specially for the production.

"Breathe," he instructed her during the fitting. "That's the big challenge — making sure you can breathe so you can expand the rib cage."

McCaffrey told Metro that singers can expand their rib cages by as much as three to 3-1/2 inches in circumference.

His opera gowns are 100 per cent silk and lace, with "special fibres" on the inside that allow the wearer's chest to expand.

McCaffrey has designed several gowns for mezzo-soprano Wallis Giunta, who's also the face of the shop's bridal line. She connected the designer to the Opera

Lyra production.

Giunta wore one of McCaffrey's elegant dresses on Tuesday, but she will actually be playing the role of randy male page Cherubino in The Marriage of Figaro.

Although Mozart composed the comic opera in the late 18th century, Opera Lyra is setting the play in the early 1900s.

"The Marriage of Figaro is an opera that has many twists and turns, lots of sexual intrigue, topsy-turvy sort of world," said Opera Lyra's interim artistic director Keven Mallon.

Play times

The Marriage of Figaro will play at the NAC March 21, 23, 25 and 28 in Southam Hall. Tickets are available at the Box Office or at operalyra.ca.



Costume designer Sarah Waghorn fits soprano Sasha Djihanian with the veil she will be wearing on March 3 for The

Capital City to lay the smack down



"Speedball" Mike Bailey dives onto a prone Biff Busick during a recent C4 match in Vanier. COURTESY OF JASON BARKER

He is quite possibly the dirtiest pro wrestler on the Canadian circuit, so it's only fitting Buxx Belmar is fighting for the Capital City Combat Championship, March 21 in rugged Vanier.

The Montreal wrestler who has such moves as the Buxx Buster and various attacks involving bodily fluids, takes on current champion Twiggy for C4 Wrestling's Doom Generation fight night.

It's a night of in-your-face violence with two stacked main events and other smaller fights, all packed into the Vanier Columbus Club.

C4 creator Mark Pollesel started the Ottawa wrestling circuit in 2007 as a way to feed his creative love of storytelling and his childhood love of wrestling.

The Algonquin College scriptwriting grad struggled at first to fill the place with 100 people for the first few years, but now, crowds are packing in at 350 and 400 strong.

Ottawa may not be a "hot bed" for wrestling — Pollesel said his crowds sometimes boast only a few actual wrestling fans — but those who come out anyway end up coming again and again.

Even for fans of the mainstream WWE events, which

Quoted

"It's a fun night out that is unlike anything else. It's an experience. For 20 bucks, you get four hours of entertainment. It's live; it's in your face. It's cheap beer and it's Vanier."

C4 creator Mark Pollesel

still draw 10-million TV viewers every Monday night, the C4 wrestling nights give fans a bit more interactive entertainment — aspects of a high-energy wrestling show you just can't get at a massive spectacle with thousands of people.

"Our crowd matters. The energy that they bring impacts the show, and the performances given," added Pollesel. "In turn, the shows matter."

And the wrestlers dropping flying elbows, pile drivers and full nelsons aren't just dudes at home who want to attempt the moves they watch on TV.

They are legitimate, professional wrestlers trying to make a name in the business. In fact, three former C4 wrestlers — Kevin Owens, Sami Zayn and Luke Harper — are now wrestling with WWE.

TREVOR GREENWAY/METRO

Film fest. DiverCiné taking timely tales to the screen

A Swiss politician tries to boost his popularity by holding a Miss China beauty pageant. It's the premise for the movie Win Win, which is part of this year's DiverCiné francophone film festival happening in Ottawa later this week and next.

Oddly, it's also an amusing take on globalization.

The 13th annual DiverCiné will tackle some heavier, topical themes, according to Tom McSorley, the executive director of the Canadian Film Institute.

"This is a festival that's wrestling with some of the most important questions of our century — post-colonialism, terrorism and globaliza-

tion," he said.

DiverCiné brings in francophone films from Belgium, Canada, Mauritania, Morocco, Haiti, Poland, Romania, Switzerland and Vietnam on March 7-15.

The festival's first curtain will rise for Meurtre à Pacot (or Murder in Pacot) — an intense drama about a wealthy couple's attempts to rebuild their lives, physically and psychologically, after the earthquake.

Raoul Peck, the director the Haitian film, will attend the opening screening for a Q&A after the show.

For more information, visit www.cfi-icf.ca. LUCY SCHOLEY/METRO



A still from *You're Sleeping, Nicole* (Tu dors Nicole), which is playing at the 13th DiverCiné Film Festival March 7-12. COURTESY OF CAROLINE HAYEUR

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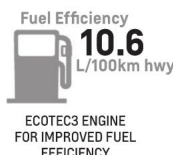
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Halifax. Three arrested after potential mall threat

Halifax police arrested two men and a woman after a mall in the city chose to close Tuesday morning over potential threats, although by late afternoon police were not able to confirm if the threat was valid.

Const. Pierre Bourdages said police planned to execute a search warrant at an apartment building on Willet Street in Halifax where the three people were arrested shortly before 4 p.m. as they continued their investigation at the Mic Mac Mall in suburban Dartmouth.

After the arrests were made about 10 kilometres from the mall, police said they had not confirmed a valid threat but officers remained at the shopping centre as a precaution.

Bourdages says no charges were laid against the three people taken into custody.

Shortly after the mall closed police blocked Everette Street in another section of Dartmouth, but they later reopened it to traffic after Bourdages said they found nothing of interest in an empty home that became part of their investigation.

The investigation at the Mic Mac Mall comes a little more than two weeks after two people were charged with conspiracy to commit murder at the Halifax Shopping Centre in an alleged Valentine's Day plot that police say could have resulted in mass casualties.

Police say they received information about the potential threat to the Mic Mac Mall at 9 a.m. The mall announced it was closing for the day about two-and-a-half hours after police were made aware of the potential threat. **THE CANADIAN PRESS**

Gen. Tom Lawson. Top soldier plans to step down

The country's top military commander is planning to step down.

Several defence and government sources confirm that Gen. Tom Lawson, who has been chief of defence staff for two-and-a-half years, has asked the government not to extend his term in the fall.

Officials at National Defence had no comment Tuesday, but defence sources say his departure has been in the works since late last year and the process kicked into a higher gear after the latest list of promotions and retirements was released a few weeks ago.

Interviews have apparently been conducted with four candidates to replace him, the sources say.

It will soon be up to Defence Minister Jason Kenney, to send a recommendation to



Gen. Tom Lawson **THE CANADIAN PRESS**

the prime minister.

A spokeswoman for Kenney said the government is not prepared to comment.

"Gen. Tom Lawson continues to serve the men and women of the Canadian Armed Forces and we continue to have full confidence in him," Lauren Armstrong said in a statement.

THE CANADIAN PRESS



Dandy sets her sights on giving comfort

Dandy, a Labrador puppy, poses with attendant Heather Guthrie at A Leg Up Pet Services on Tuesday. Dandy is the newest addition to Toronto's Victim Services, a non-profit organization that works closely with police to aid people who have experienced traumatic events. After she's fully trained, a process that will take several months, Dandy will become the third trauma dog in Canada to work with police. Her role will include comforting victims of violence and sexual assault, and those who have experienced the death of a loved one through violent crime or other tragic circumstances. **TORSTAR NEWS SERVICE**

CSIS warns government of online anti-Islam threat

Homegrown. CSIS has flagged what they say might be the recent development 'of a Canadian online anti-Islam movement'

Canada's spy agency is eyeing the threat of a homegrown anti-Islam movement spreading online.

The Canadian Security Intelligence Service advised the office of Public Safety Minister Steven Blaney of its concerns during a secret September briefing.

CSIS flagged well-known warnings of the persistent menace posed by terrorist groups al-

Qaida, Hezbollah and the more violent and radical Islamic State of Iraq and the Levant, or ISIL, say notes obtained through the Access to Information Act.

But under the heading Domestic Extremism, the spy service also underscored what might be the flip side of that coin — the recent development "of a Canadian online anti-Islam movement, similar to ones in Europe."

CSIS characterized it as an "ongoing risk, particularly as its proponents advocate violence."

The Sept. 18 briefing for Blaney's office came a little more than a month before soldiers were killed in Canadian attacks just two days apart — murders committed by young men that authorities say were motivated by Islamic extrem-

ism.

Shortly after the killings, there was vandalism of mosques in Ottawa and Cold Lake, Alta., threats against the B.C. Muslim Association, and a general increase in reports of public bullying and harassment of Muslims.

However, CSIS is likely more interested in the kind of anti-immigrant, anti-Islam sentiment that has taken root in some parts of northern Europe, even among the middle class, said Lorne Dawson, a University of Waterloo sociology professor and co-director of the Canadian Network for Research on Terrorism, Security and Society.

"They're just not used to dealing with immigrants at all, let alone immigrants that are quite different," Dawson said of

Europe. "We have a much longer track record of immigration in general — waves and waves of immigrants that have come for decades."

Dawson suspects CSIS is motivated by the horrific July 2011 slaughter of 77 people in Norway by Anders Behring Breivik, who penned a manifesto outlining his far-right ideology, including an extreme anti-Muslim outlook.

"In Europe, it tends to attract violent individuals. So if (there's) any chance it's starting to take wings in Canada, then you can see why they're concerned," he said. "I suspect they're just seeking due diligence to be on top of this at the earliest possible moment in light of Breivik."

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Committee on anti-terror law invites testimony

The House of Commons committee studying the Conservatives' controversial new anti-terror law is expected to call retired spies, former politicians and some of Bill C-51's harshest critics to testify.

A draft witness list obtained by Torstar News Service shows the committee will invite about 70 people.

The list includes former Supreme Court justices, lawyers and academics, as well

as retired politicians. Law-enforcement and security officials, both active and retired, are also expected to appear to discuss the legislation.

The hearings will begin next Tuesday with an appearance by Public Safety Minister Steven Blaney and Justice Minister Peter MacKay.

According to the committee's list, other potential witnesses include:

• Maher Arar, who was tor-

tured in Syria.

• Chuck Strahl and Deborah Grey, the former and current head of CSIS's review committee, respectively.

• U.S. Department of Homeland Security Secretary Jeh Johnson.

• Craig Force and Kent Roach, academics who have raised concerns about the bill.

• Groups representing Canada's Muslim population.

TORSTAR NEWS SERVICE

Netanyahu criticizes nuclear deal

Congress. U.S. President Obama pushes back against Israeli prime minister's comments

Quoted



"The greatest danger facing our world is the marriage of militant Islam with nuclear weapons."

Israeli Prime Minister Benjamin Netanyahu

Israeli Prime Minister Benjamin Netanyahu told Congress on Tuesday that an emerging agreement between Iran and the United States would all but guarantee that Tehran gets nuclear weapons, drawing an extraordinarily blunt rebuttal from President Barack Obama.

Netanyahu said "Iran has proven time and again that it cannot be trusted," no matter what it says about permitting verification of the terms of any accord designed to prevent it from getting a nuclear bomb.

"The greatest danger facing our world is the marriage of militant Islam with nuclear weapons," he said in remarks before a packed House chamber that drew loud applause from Republicans and a more restrained reaction from Democrats.

Obama saw it differently

and said so from the White House. He said that the Israeli leader offered no "viable alternatives" to the nuclear negotiations with Iran and that the prospect of an agreement had already resulted in a freeze and rolling back of Iran's program.

Netanyahu spoke in English shortly after Secretary of State John Kerry met for more than two hours in Switzerland with Iranian Foreign Minister Mohammad Javad Zarif in hopes of completing an international framework agreement later this month to curb Tehran's nuclear ambitions.

THE ASSOCIATED PRESS



Thousands forced out after volcano erupts in Chile

The Villarica volcano erupts near Pucon, Chile, early Tuesday. The Villarica volcano erupted around 3 a.m. local time (0600 GMT), according to the National Emergency Office, which issued a red alert and ordered evacuations. ATON CHILE/THE ASSOCIATED PRESS

Los Angeles. Homeless man killed by police was ex-con

A homeless man killed on Skid Row by Los Angeles police had been released last May from a federal prison after serving roughly 14 years for bank robbery, a law-enforcement official said Tuesday.

The man was identified as Charley Saturmin Robinet by the official, who had been briefed but was not authorized

to speak publicly about the investigation and spoke on the condition of anonymity.

Robinet was a French national who was convicted in 2000 of three federal charges for holding up a Wells Fargo branch and pistol-whipping an employee to pay for acting classes at the Beverly Hills Playhouse. THE ASSOCIATED PRESS

Ferguson. Justice Dept. finds patterns of police racial bias

A U.S. Justice Department investigation found sweeping patterns of racial bias within the Ferguson, Mo., police department — with officers routinely discriminating against blacks by using excessive force, issuing petty citations and making baseless traffic stops, according to law-enforcement officials familiar

with the report.

The report marks the culmination of a months-long investigation into a police department that federal officials have described as troubled and that commanded national attention after one of its officers shot and killed an unarmed black man, 18-year-old Michael Brown, last summer. THE ASSOCIATED PRESS

Slain Russian opposition leader Boris Nemtsov buried



People look on as workers carry the coffin of Boris Nemtsov during a farewell ceremony at the Sakharov center in Moscow on Tuesday.

PAVEL GOLOVKIN/THE ASSOCIATED PRESS

After paying their final tributes Tuesday to slain Kremlin critic Boris Nemtsov, many members of Russia's beleaguered opposition are looking into the future with gloom.

The sadness and loss that drew thousands to Nemtsov's funeral is unlikely to add vigour to the small and marginalized opposition or dent the broad public support for President Vladimir Putin.

Many believe that his shooting death on a bridge near the Kremlin wouldn't have been possible without

official involvement, and that sends a chilling signal to government opponents, who fear it could herald a new, brutal era of reprisals.

Thousands of mourners and dignitaries filed past Nemtsov's white-lined coffin, and many wept as they offered flowers.

"He was our ray of light. With his help, I think Russia would have risen up and become a strong country," said 80-year-old Valentina Gorbato.

So many came that when

the viewing ended after its scheduled four hours, a line still stretched for hundreds of metres outside the hall named for the Soviet-era dissident and Nobel Peace Prize laureate Andrei Sakharov.

Mourner Marsel Shamsudinov said he had come from Kazan, 700 kilometres east of Moscow, to show that unlike the vast majority of Russians who watch nothing but state-run TV, there are people "who do think and see that the government system is unfair and that we need to change a lot in

our country."

But while feelings of anger and grief ran strong at the funeral, few believe that the opposition could pose a serious challenge to Putin, who is supported by 85 per cent of Russians, according to recent polls.

Kremlin critics say the virulent nationalist propaganda on state television, which cast the 55-year-old Nemtsov and other liberals as Western stooges, helped prepare the ground for his killing on Friday night.

THE ASSOCIATED PRESS

Nigeria

Hundreds die as troops seize town from extremists

Chadian troops have seized a strategically located northeast Nigerian town from Boko Haram, but not before the defeated extremists killed hundreds of civilians,

Chad's military said.

The Chadian forces regained control Monday of Dikwa, a town occupied by the militants for weeks, said Chad's military spokesman Col. Azem Bermandoua.

One soldier was killed and 34 were wounded, most by a suicide car bomber, Bermandoua said on national television.

THE ASSOCIATED PRESS

Homeland Security

Republicans back down in standoff over funding

The Republican-led House of Representatives backed down Tuesday in a dispute that could have led to a partial shutdown of the agency overseeing U.S. borders, handing a major victory to President

Barack Obama.

Congress sent Obama a bill to fund the Homeland Security Department through the end of the budget year, without overturning the president's immigration policies. Republican leaders did not give in to conservatives' demand that the bill also roll back Obama's directives sparing millions of immigrants from deportation.

THE ASSOCIATED PRESS

Boston bombing

Trial to recount graphic details of explosions

In the two years since twin bombs tore through crowds at the Boston Marathon finish line, the case against suspect Dzhokhar Tsarnaev has focused on arguments over where his trial should

be held, who should sit on the jury and what evidence prosecutors should be allowed to use.

But starting Wednesday, a day after a jury was selected, the focus will shift dramatically from the legal process to the harsh reality of what happened that day: the explosions, the screams, the chaos and the blood.

THE ASSOCIATED PRESS

Sex discrimination case. Billionaire denies venture capital firm is run by men

A prominent Silicon Valley venture capitalist who helped direct early investments in Google and Amazon said Tuesday during testimony in a high-profile sex discrimination lawsuit that his firm is not run by men and has many female senior partners.

John Doerr took the stand in San Francisco Superior Court in the lawsuit against venture capital firm Kleiner Perkins Caufield & Byers — a case that has sparked debate over the treatment of women in the high-tech and venture capital fields.

The plaintiff, Ellen Pao, says she was denied a promotion at the company because she is a woman and was fired in 2012 after she complained. Her attorney has argued Kleiner Perkins had a male-dominated culture where his client received a book of erotic poetry from a male senior partner and experienced retaliation by a male colleague after she broke off an affair.

Doerr, a billionaire, is a partner at the firm, which also counts former U.S. vice-president Al Gore among its partners. **THE ASSOCIATED PRESS**

Market Minute



DOLLAR
80.06¢
(+0.28¢)



TSX
15,133.85 (-130.20)



OIL
\$50.52 US (+93¢)



GOLD
\$1,204.40 US (-\$3.80)

Natural gas: \$2.712 US (+1.4¢)
Dow Jones: 18,203.37 (-85.26)

FCC head backs new rules, says Internet needs referee

Net neutrality. Last week's U.S. decision expected to trigger lawsuits from broadband providers

The head of the United States' Federal Communications Commission is taking the defence of new Internet regulations on the road. Speaking at the Mobile World Congress wireless show in Barcelona, Spain, FCC chairman Tom Wheeler said Tuesday that "there needs to be a referee" for the Internet.

The FCC's vote last week approved "net neutrality" rules that prevent Internet providers such as Comcast and Verizon from slowing or blocking Web traffic or from creating Internet fast lanes that content providers such as Netflix must pay for.

Broadband providers and Republicans have been critic-



Tom Wheeler, chairman of the Federal Communications Commission, speaks on the impact of recent telecommunications regulation in the United States, at the Mobile World Congress Wireless show in Barcelona, Spain, Tuesday.
MANU FERNANDEZ/THE ASSOCIATED PRESS

al of the new rules, and the FCC's decision is expected to

trigger industry lawsuits that could take years to resolve.

Verizon has criticized the FCC for basing the new rules on a 1934 law. Wheeler said that the agency "modernized" the old communications legislation, leaving out parts that don't apply to today's Internet. He said that approach has worked well for wireless carriers.

The FCC approved the new rules by a 3-2 vote. One of the dissenting commissioners, Ajit Pai, said the new rules are unpredictable, a situation which could make Internet providers less willing to come up with new services.

Wheeler said the rules are not intended to block innovation. He said that the agency did not want to impose broad, restrictive rules on the industry but would look at business practices on a case-by-case basis. He said that there will be no rate regulation and that the rules won't hurt network operators' revenue streams from consumer services.

THE ASSOCIATED PRESS

NOTICE OF ANNUAL MEETING

The Annual Meeting of Alterna Savings and Credit Union Limited (Alterna Savings) will be held on Tuesday, April 14, 2015 at the Shaw Centre 55 Colonel By Drive, Ottawa ON K1N 9J2.

Registration will begin at 5:00 p.m. and the meeting will start at 6:00 p.m.

The Annual Meeting is being held to:

1. Receive reports;
2. Receive information respecting the financial position of Alterna Savings and the results of its operations;
3. Appoint an auditor;
4. Announce the results of Director nominations.

More information on how to register for the Annual Meeting as well as on the agenda, the Board candidates and the recommendation of the Nominating Committee is available at www.alterna.ca and at Alterna Savings branches. The audited financial statements, the report of the Finance and Audit Committee and the report of the external auditor will be available at the Alterna Savings branches and offices and at www.alterna.ca on March 31, 2015.

Alena Thouin
General Counsel and Corporate Secretary
February 27, 2015


Alterna Savings
Caisse Alterna



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VOICES

HOLISTIC MEETS WESTERN MEDICINE IN CANADA



STEPHANIE ORFORD
readers@metronews.ca

With all the noise around declining vaccination rates recently, you could be forgiven for thinking Canadians were developing a serious distrust in modern medicine.

This is simply not the case, and don't let a fringe minority convince you otherwise.

Yes, alternative medical treatments are on the rise in Canada, according to the Public Health Agency of Canada, but we like our conventional medicine, too. The truth is that most Canadians are pretty happy with the medical care they get. Farah Shroff, an adjunct professor at the University of British Columbia Faculty of Medicine who researches holistic approaches to health, said her surveys of Canadian patients show more than 90 per cent deeply trust their family doctors.

A major reason for the high level of satisfaction may be that the Canadian medical profession is constantly adapting its standards and approaches to emerging research and patients' needs. The profession's approach to alternative medicine demonstrates its adaptability.

When it comes to alternative medicine, most Canadians are having their cake and eating it too, complementing their conventional treatments with alternative ones, said Shroff.

"People are looking to be healthier, and that's why they go to naturopathic doctors. It's in



With anti-vaxxers making so many headlines recently, it may seem as though Canadians are ditching modern medicine, but the evidence suggests they are actually just supplementing it with alternative therapies. **ISTOCK**

addition to, not replacement of," she explained.

More than 70 per cent of Canadians use some form of complementary and alternative medicine (CAM), including acupuncture, naturopathy and massage therapy. According to a 2012 study, people most commonly used alternative therapies to treat back pain, depression, insomnia, headaches, and gastrointestinal illness.

More Canadian mothers-to-be are turning

to alternative birth methods of one form or another, such as self-hypnosis (called hypnobirth) to avoid the use of pain medication.

Home births in Ontario have increased by 23 per cent over five years. And good luck trying to make a same-day appointment with a massage therapist or acupuncturist, said Shroff. They're all booked up due to strong demand.

Canadian doctors have responded and

adapted. For the past 15 years, Canadian medical students have been taught about alternative medicine — not how to practise it, but how to provide informed advice and conventional treatment for the increasing number of patients that use it alongside modern medicine.

An initiative out of the University of Saskatchewan called the Complementary and Alternative Medicine in Undergraduate Medicine Education Project, helps Canadian medical students learn about the issues around patients' use of alternative medicine. The initiative emphasizes how important it is for doctors to discuss their patients' alternative treatments with them in an informed and non-judgmental way.

Some alternative treatments are admittedly based on scant evidence (I'm looking at you, homeopathy), but instead of dismissing them outright, Canadian medical professionals are being taught how important it is to listen to their patients and give informed advice.

Those strong doctor-patient relationships make Canadian medical care understanding and flexible, a far cry from the us-versus-the-system view that anti-vaxxers and other small groups shout about.

They help ensure Canadians are informed and safe, whatever treatment they ultimately decide to take.

Stephanie Orford is a writer based in Vancouver.

Health Canada offers reader feedback to vaccine queries

Metro compiled some of the common vaccine-related concerns we've received from readers and forwarded them to the national public health organization for insight and feedback. Here's what they had to say:

'Vaccines contain dirty ingredients'

Vaccines undergo several stages of rigorous testing to ensure their safety and effectiveness before they are approved for use. Vaccines are highly purified products, the main ingredient is an immunogen, the killed or weakened germ. It is meant to stimulate the immune system to recognize and prevent future disease.

Vaccines usually contain sterile water or salt solution, and may contain the following:

- **Adjuvants** — help vaccines work longer.
- **Preservatives** — keep multi-dose vials sterile.
- **Stabilizers** — maintain quality during storage.
- **Antibiotics** — prevent bacterial growth.

'Vaccines can kill'

The World Health Organization estimates that every year, more than two million deaths are prevented worldwide due to immunization.

Vaccine-associated deaths are extremely rare in Canada, most often related to a severe allergic reaction such as anaphylaxis. However, anaphylaxis can also result from antibiotics used to treat the vaccine-preventable disease.

If an unvaccinated child catches the real disease in Canada, the result can be serious, or even fatal.

This is because active germs multiply quickly, and your child's immune system is not prepared to defend itself.

'The schedule compromises kids' immune systems'

Currently recommended vaccines are highly purified and usually have much less risk for adversely affecting a child's immune system than the natural infection.

The vaccines recommended for children use only a small portion of the immune system's "memory." Research shows that your child's immune system can easily handle more than one vaccine safely and effectively.

Only vaccines shown to be safe and effective given together are given at the same time. Giving several vaccines at one time keeps children safe by protecting them against more diseases.

'My child got autism after vaccination'

Vaccines are sometimes blamed for conditions that are poorly understood. A child's first year of life is a time of tremendous development, and a time when serious problems may start to appear. It is also the time when most vaccines are given, but this does not mean that vaccines cause these problems.

Many of our vaccines have been in use for decades with no evidence of long-term adverse effects.

Some claim that vaccines cause autism, seizure disorders, multiple sclerosis or Crohn's disease, among other health problems. These connections have never held up to scientific scrutiny.

'The risk isn't worth it'

Unvaccinated children have a much greater risk of having a complication from the natural infection than the rare risk for a serious adverse reaction from the vaccine.

With any medicine, there is always a small chance of an allergic reaction. True anaphylaxis reactions are rare (one in 100,000 to one in a million doses) but are reversible with proper treatment.

The reactions usually start shortly after immunization is received. For this reason, a nurse or doctor will need to watch your child for 15 to 30 minutes after receiving a vaccine. Stay in the clinic for that period of time and watch for signs of a reaction.

'If vaccines are so effective, why do people still get sick?'

Vaccines work very well, but they aren't 100 per cent effective. In countries where vaccination rates are high, disease rates are low. In countries where vaccination rates are low, disease rates are high.

For herd immunity to be effective, as many people as possible must be vaccinated.

The efficacy of two doses of the measles vaccine given to infants is nearly 100 per cent.

However, due to the high infectivity of measles (each case may infect 12 to 18 others) at least 95 per cent of the population needs to be immunized to develop herd immunity.

Gossip

NED EHRBAR

METRO'S TAKE
ON THE WORLD
OF CELEBRITIES


Here's your hat, what's your hurry?

Tensions are reportedly running high behind the scenes at *The Voice*, no matter how chipper the chair-spinners look on air. Adam Levine is apparently feuding with fellow judge Pharrell Williams, as Levine is "feeling shafted by Pharrell behind-the-scenes," a source tells Radar Online. "Not only is Pharrell taking the contestants

that Adam would have generally locked in with ease, but he is also a favourite among the production staff."

Ouch. Nobody wants to feel like the production staff's passing them over for the newer, more be-hatted model. According to the source, though, staff may have good grounds for not favouring Levine: "Adam is just jaded after doing it for so many seasons," the source adds. "Production staff are saying that not only does Adam act like an a-hole, but he is totally jealous of Pharrell, and this season has brought out his true colours."

Pharrell ALL PHOTOS: GETTY IMAGES

Quoted



"This season has brought out his true colours."

A source says of Adam Levine

New papa Ryan really needs a nap

New dad Ryan Reynolds has some theories as to why he's so sleep-deprived lately. Or maybe he's just trying to put a positive spin on life with a newborn.

"Our baby in particular is, we think,

allergic to sleep," he tells Jimmy Fallon during an interview. "We think that she thinks she's protecting us from the sleep monsters. Like, 'Oh, I've got to keep them up or the sleep monsters will get them.'"

Which, as adorable as that sounds, is asking for an awful lot of advanced, creative thinking for a 9-week-old.

Ryan Reynolds



Sarah, that's a big name for a wee guy

OK, so some men apparently give their — ahem, members — nicknames. That's a thing. I guess.

But hey, I'm all for new opportunities for creativity. And you'd have to get pretty creative to top the name *Masters of Sex* star Michael Sheen gave his, at least if girlfriend Sarah Silverman is to be believed.

Completely unprompted, Silverman took to Twitter to announce, "My boyfriend named his penis. He named it 'The Great Christine Baranski.'" Which sounds like a mouthful, honestly.



Sarah Silverman and Michael Sheen

May the force be with Lego

The recently concluded first season of Disney XD's *Star Wars Rebels* was apparently just the beginning of the network's plans to bring the galaxy far, far away to the small screen. And their next trick sounds, dare I say, awesome. According to the *Hollywood Reporter*, we can soon look forward to *Star Wars: Droid Tales*, which will feature C3PO and R2D2 just after *Return of the Jedi* rehashing the first six films in the franchise over the course of five episodes set to air later this year. Oh, the whole thing is done with Legos, like *The Lego Movie*. Awesome.

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CSI: Cyber is not just about cops on laptops

Prime-time. Actor James Van Der Beek joins crime-fighting franchise to chase down online baddies

NED EHRBAR
Metro in Hollywood

Former Dawson's Creek star James Van Der Beek has joined the latest spinoff of the CSI franchise, CSI: Cyber. Here's why he wants fans to watch the show:

Because he's trying something new: I love to shake it up. I can't do just one thing for too long. I had a great time doing comedy. I did it for three years, I had two shows picked up and when I got this offer I thought maybe it is time to come full circle and come back to my dramatic roots and solve some crime.

Because come on, it's more CSI: Three letters motivated me: CSI. It's one of the big-

gest television franchises in the world, so to play a lead on something like that is a huge honour. I don't know what possessed CBS after my comedy work to think, 'Hey, we need somebody to kick some ass in the show, why don't we offer it to that guy?' But I'm really glad they did.

Because it's not just going to be cops with laptops: I mean, a show about four people staring at a screen for an hour is generally not the most engaging television. This is a blend of cybercrime-fighting technology and old-school techniques, because the computer stuff is really fascinating, but it all eventually manifests in the real world. Behind all the cybercrime is a real human being who lives in a real location and has a real door that may or may not need to be kicked down.

Because it's a frighteningly big subject matter: I thought I was pretty savvy about cybercrime, but after speaking to the experts who were advising the show, I realized I was



James Van Der Beek and Shad Moss speak during a CSI: Cyber panel in January. CSI: Cyber premieres Wednesday at 10 p.m. on CTV. GETTY IMAGES

completely in the dark — both fortunately and unfortunately. The well of cybercrime is bottomless, which for a storyteller is great because you never run out of storylines. I hope this show does enlighten people as to just how much this kind of crime can hap-

pen to you and what steps you might want to do to just be careful and be aware and hopefully prevent it.

Because he's finally FBI age-appropriate: I think, like, 10 years ago I wanted to play an FBI agent, but I just wasn't

old enough. I didn't look old enough, certainly, and it was a blessing. And then just when I least expected it, I got offered the FBI agent.

Because he's not Dawson anymore: In the last 10 years, I've grown up a lot. I've gotten

married, I've had kids and just really gained a lot of perspective and a lot of appreciation for being able to work in this industry and being able to provide for my family by doing it. I just have a lot bigger suitcase to reach into for my bag of tricks emotionally.

Gritty new drama explores racial tensions in the States



American Crime stars Benito Martinez as Alonzo Gutiérrez. CONTRIBUTED

To say that the gritty new TV drama American Crime is imbued with racial undertones is not enough for star Benito Martinez.

"Saying it's an undertone of race is being polite," he pointed out during a visit to Toronto last summer.

"I think race is right in your face the whole time. But it's not about racism. It's about different races, and their different views and their different realities.

"In a not-so-subtle way," he added, "it's about what you think you know about these people, who you actually don't know anything about."

Debuting Thursday on CTV and ABC, American Crime explores the aftermath of the

murder of a young war veteran during a home invasion.

Felicity Huffman and Timothy Hutton portray the struggling parents of the deceased, while Martinez stars as the widowed father of the accused.

The show was created by John Ridley, who won an Academy Award for writing 12 Years a Slave and directed the warmly received Jimi Hendrix biopic All is By My Side.

Huffman has won an Emmy and a Golden Globe while also reeling in an Oscar nomination, and Hutton is also an Academy Award winner.

Surrounded by decorated screen veterans, Martinez was certainly appreciative of

the pedigree of the cast and crew.

"Everything about (the show) has just been like: 'Don't pinch me, because I do not want to wake up,'" he said.

Well, he does have a knack for working his way into challenging, dark TV fare.

In recent years, he's found recurring roles as an undercover CIA agent on the biker yarn Sons of Anarchy and as a Republican senator on the gloomy House of Cards.

To most audiences, however, he's still most familiar for his portrayal of the ambitious police captain-turned-politician David Aceveda on the influential, pitch-black cop saga The Shield.

THE CANADIAN PRESS

'I'm like the luckiest guy'

"Look, I know I'm like the luckiest guy on the planet," Martinez said of his resume. "When we were doing The Shield, we had incredible support from the network — we were on FX. We wanted to be the bridge between network television and HBO."

- "ABC has taken this show, which you would probably see on a cable network, and they put it on prime time," he added. "They said, 'Yes, we're going to tell stories like this.' It's a whole new ball game now."

Strange Empire

CBC cancels its edgy drama after just one season

CBC's dark western Strange Empire has been cancelled.

The public broadcaster says the rookie series, which premiered last October, is ending, but gave no further details.

Strange Empire was set in 1869 on the Alberta-Montana border and centred on a group of women who band together to survive.

When it premiered, the show was touted as an example of the CBC's bold new direction in the wake of budget cuts and the loss of NHL broadcast rights.

THE CANADIAN PRESS

Online piracy

Season 3 of House of Cards twice as pirated as Season 2

Less than 24 hours after premiering on Netflix, the third season of House of Cards had already been illegally downloaded 680,000 times worldwide, according to the piracy tracker Excipio. In



Kevin Spacey and Robin Wright in House of Cards. CONTRIBUTED

2014, the second season was pirated 320,927 times during the day after its release. AFP

Streaming

Orange is the New Black Season 3 coming to Netflix

The third season for the award-winning



prison-based drama will be available to stream in all Netflix territories starting on June 12. As well as being reunited with Taylor Schilling's portrayal of prisoner Piper Chapman, fans of the show will be getting an extra episode. AFP

Taylor Schilling
GETTY IMAGES

It's time to take on Belfast

City tour. With the Troubles behind it, Northern Ireland's capital is finding its groove

Belfast may seem an unlikely destination for tourists, associated as it is with the Catholic-Protestant conflict known as the Troubles. But the city has been transformed in recent years and is now a cosmopolitan place with plenty to see and do, much of it free.

Churches and street art

Visit Catholic and Protestant churches on Sunday. It's a free, safe, educational and potentially entertaining experience. You might even get a tour or lunch at someone's home. Ian Paisley's Martyrs Memorial, the Free Presbyterian Church of Ulster, is used to visitors at the 11 a.m. Sunday service and greets strangers with great hospitality. In Catholic west Belfast, the twin-spired St. Peter's Cathedral offers a half-dozen weekend masses, including evenings.

As you visit various neighbourhoods, you may see street murals with very different themes, ranging from Irish cultural and Catholic references, to depictions of Picasso's *Guernica* and expressions of solidarity with Palestinians and Cuban political prisoners. Murals in the Protestant loyalist heartland, called the Shankill, memorialize the community's commitment to Northern Ireland's union with Britain and the residents' Ulster-Scots culture. Graffiti and scribbles on a peace wall on Cupar Way include messages from tourists.

Titanic Quarter

Belfast has reconnected with the story of its most famous creation, the Titanic. The area surrounding the defunct



The Titanic House Visitor Centre is part of the area surrounding the now-defunct shipyard where the Titanic was built. THE ASSOCIATED PRESS

Irish music

- **For the cost of a pint.** Many pubs offer free traditional Irish music. Venues include Kelly's Cellars, tucked away in an alley in the city centre with a history going back centuries. A group called the United Irishmen met here in 1798 to plot a failed rebellion against the English.

shipyard where the ocean liner was built is now called Titanic Quarter. Various Titanic-themed attractions charge admission, but it costs nothing to marvel at the huge exterior of the Titanic Experience, which mimics the hulls of ocean liners. You can also walk on the huge slipways where the Titanic was built and launched in 1911. In what was once the docks area, you'll find memorial sculptures.



Street murals in various Belfast neighborhoods offer very different themes, ranging from Irish cultural and Catholic references, to depictions of Picasso's *Guernica*. THE ASSOCIATED PRESS

St. George's Market
Every Friday and weekend this

Victorian market offers a showcase for local crafters and food

stalls. A long-derelict landmark, St. George's Market was given a new lease of life with a multi-million redevelopment in 1997. It will cost you to buy souvenirs or indulge in an Ulster fry (a big breakfast heavy on meat and bread), but there are free samples along with free music and it's an ideal place to learn about local food.

University Quarter

The University Quarter remained a lively evening destination even in the darkest days of the Troubles. Next door to the majestic red brick Queen's University, founded by Queen Victoria, are the Botanic Gardens, with a glass house, a hot house, rose gardens and places where students can sunbathe between lectures. It's free, as is the Ulster Museum, which houses an ancient fish, the coelacanth, and the city's resident Egyptian mummy, Takabuti, among other treasures telling Ireland's story from prehistory to the present day.

THE ASSOCIATED PRESS

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Bringing magic to life in Poland

Event. Would-be wizards are hoping to raise funds to set up a Harry Potter style role playing game

Fans of the Harry Potter series and the magical arts have launched a crowdsourcing campaign that aims to bring a College of Wizardry to life, and — if all goes well — turn a castle in Poland into a permanent school of sorcery.

Within three days of being posted on crowdfunding site Indiegogo February 28, the College of Wizardry has achieved 38 per cent of its financial goal, raising more than \$19,200 of its initial \$50,000 target.

Following the successful wizarding events first held last year, \$50,000 would fund three

four-day retreats for 138 participants who would engage in what's called 'live-action role play' (or LARP) — unscripted, improvisation, akin to children playing pretend.

"Except we have better costumes and more complex stories," explained project co-ordinator Claus Raasted in a YouTube video.

The event is set to take place at the medieval Czocho Castle in southwestern Poland, which has been open to the public as a hotel and conference centre since the 1990s.

While the first LARP events held at the castle last November were themed after the Harry Potter series with the one-off permission of Warner Bros., organizers emphasize that their College of Wizardry will not take place in the Harry Potter universe.

"There will be no mention of Muggles, no Quidditch and no Hogwarts in our fiction."

The idea? To create a generic College of Wizardry that can stand on its own legs, organizers say.

Should the campaign succeed in raising \$1 million, organizers also claim they'll buy their own castle in Poland and turn it into a permanent College of Wizardry.

During the sessions, participants will be able to role-play everything from students, teachers, and ghosts to visiting reporters.

Students will enrol in classes like herbology and magical theory. Out of class, participants can explore the castle, the surrounding magical forest, and grab a beer (note, not butterbeer) at the nearby tavern. **AFP**



Poland's Czocho Castle will play host to a wizard-themed LARP events this summer if its organizers are able to raise enough funds. **AFP FILE**

Tour

Fifty Shades of Vancouver

It seems tourists in Vancouver are getting bound up in the hype over the film *Fifty Shades of Grey*. In Tourism Vancouver's monthly newsletter, the organization highlights a number of Vancouver locales that were prominent backdrops in the hit movie.

Among them, Rainier Provisions, a cafe in Vancouver's historic Gastown neighbourhood, played host to Christian Grey's first meeting with Anastasia Steele; while the Bentall 5 office tower served as Grey House. Also mentioned, the swanky Lieutenant Governor's suite at the Fairmont Hotel Vancouver doubled as the Heathman Hotel in Portland. **METRO**

"Think of yourself as on the threshold of unparalleled success."

Andrew Carnegie: Billionaire Extraordinaire

Andrew knew a lot about the value of partnerships. Especially between learning and earning. He amassed billions in the 1800s (yes, billions with a B) by learning wherever he could and by having a keen sense of finding the right business opportunity with the right people. Like Athabasca University.

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Theme hotels

Living la vida lizard in Japan

One Japanese hotel is set to offer a Godzilla Room. Hotel Gracery in Tokyo gives visitors the chance to catch some shuteye under the watchful gaze of a man-size atomic mutant as he stomps on a miniature Japanese capital in the corner of your room.

For those extra-unsettling dreams, a gigantic Godzilla hand, complete with razor-like claws, looms over the twin beds.

AFP

Lord of the Rings inspired theme park to open in Spain

Before you get too excited about the prospect of a Hobbit and Lord of the Rings theme park opening in Spain this year, best read the fine print.

News that a theme park called La Comarca (The Shire) inspired by the LOTR series was in the works launched a quiet storm of excitement among Tolkien fans in recent weeks, with fan sites hurriedly announcing the big news.

But as pointed out by eld-

ario.es, development of The Shire faces a major snafu. The City of Rincon de la Victoria, a seaside town in Malaga in the south of Spain, has yet to acquire the rights to use the characters, places or names from the series.

That means that the hobbits, orcs, elves and dwarves in the theme park may be 'inspired' by the series — rip-offs of the iconic JRR Tolkien characters.

So far, plans include a

120,000-metre park that will include a lake, walking paths, picnic area, forest area, and two lookout points, at a cost of 1.7 million euros, adds eldario.es.

In other theme park news, Disney has posted a teaser video that provides a peek into the land of Pandora from James Cameron's blockbuster hit *Avatar*.

Pandora is set to open at Disney's Animal Kingdom in Orlando in 2017. **AFP**



A Spanish LOTR-inspired theme park called La Comarca (The Shire) will open later this year. **AFP FILE**

The jobs of summer aren't gone (quite yet)

Employment. The days are getting longer, and recruitment for summer work is already in full swing

CELINE
TARRANT
TalentEgg.ca

A lucky few have a summer job offer in hand, but if you haven't, don't worry. There's still time to land that seasonal gig — here's how.

Update your resumé, cover letter, and LinkedIn profile

It's time to dust off the most recent version of your resumé, and make sure it's fully up to date. If you are adding quite a

bit of new information, you may need to remove some older experience off your resumé. Be sure to pay special attention to formatting; since recruiters scan through these documents quickly, it should be optimized for readability.

While your cover letter should, of course, be customized for each position, it's a good idea to have a generic

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If you have entrepreneurial aspirations, consider starting your own business for the summer. Programs like Summer Company offer grants to students who aim to work for themselves. ISTOCK

template prepared with your best stories and experiences. It will provide a good jumping off point for job-specific cover letters later on.

Resumés no longer just live on paper. Don't forget to update various digital versions of your resumé, whether it be your LinkedIn profile, other professional profiles, or a personal website. Anywhere online where you may have a resumé uploaded, make sure you replace it with your updated one.

Apply to postings — but not every posting

Many people believe that the more jobs you apply to, the better chance you have of getting a call back. This is true to some extent, but when you start firing off resumés and generic cover letters to postings that don't fit with your profile or career goals at all just for the sake of applying, hiring managers can tell.

It's often better to do a few things well than do many things poorly, and this defin-

itely holds true for job applications. Be at least somewhat selective in applying to job postings. Only apply to companies and roles you've really researched, and can prepare a stellar and customized application for. You need to be able to tie all your past experience, skills, and interests into a compelling story about why you should have the job you seek. If you find you are really stretching to make that connection, it's probably not the right job for you.

Leverage your network

LinkedIn is a great way to leverage your personal network to find a summer job. Search companies you are interested in on LinkedIn, and see who in your network works there. If it's someone you have a second- or third-degree connection with, try to get someone to introduce you. If you can't get a formal introduction, send a short message and bio, and ask if you can speak with them further by email or phone.

You can also filter search results by what school people attended, which is a great way to find alumni from your school who are currently working at companies you are interested in. Reaching out to alumni is a great networking strategy, since you already have something in common.

For contacts that you have a more personal relationship with (like friends and family), make sure to let them know that you are hunting for a summer internship, and give them an updated copy of your resumé.

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The importance of an introvert in the office

Career. You may find an indispensable employee in the shy professional

JINGWEI
YAN

TalentEgg.ca

In the workplace, introverts are often compared to their more extroverted colleagues. People with extroverted qualities are often assumed to be more sociable and outgoing, while those with introverted qualities are seen as quiet and shy.

While these may initially seem like disadvantageous attributes, it is important to

Creating the 'right' moment

Sometimes you may find yourself not speaking up because you're waiting for the "right" moment to jump in.

- Often, our perceived idea of the "perfect" moment never arises — there may be no natural pause in the conversation, and you may feel uncomfortable risking cutting off a colleague mid-sentence.

- Instead of passively waiting for your opportunity to chime in, create it. If you're in a meeting, catch the meeting leader's eye or raise your hand; if he or she gives you the go-ahead, seize your moment to speak. Combined with your effective listening skills, you will be able to distinguish yourself by contributing valuable insight to the team.

remember that these are just stereotypes. Personalities are diverse, and there is always a way to use your qualities to an

advantage.

This article will highlight instances where having and developing the qualities of intro-

version can help you excel in the workplace.

Listening skills

If you find speaking up in a group or a meeting uncomfortable, think of this as an opportunity to develop your listening skills. Listening skills are more than just the ability to hear and understand someone else's speech.

It involves your attention to body language and to what is not being said. In meetings, take detailed notes and then offer the meeting leader your input in a quick one-on-one talk after the meeting. This gives you the chance to not only establish a closer rapport but also offer well-considered feedback without the pressure of everyone's eyes on you.



The value of individual introversion in the workplace is often overlooked. ISTOCK

Focusing

There is absolutely nothing wrong with wanting to work alone. If this is how you are most productive, others will respect that. After all, this is how you produce your best work.

There will always be projects that require teamwork.

For these instances, ensure each team member is assigned a role and a set of responsibilities, so that you can take your piece and work on it.

Just make sure you attend progress meetings and keep your teammates up to date on your work. If your desk is in an open-plan office, consider wearing headphones as a visual sign to your colleagues that you are working.

Or if there is an empty conference room, take your laptop and coffee there. It would be best to block off the same time everyday so your colleagues become familiar with your schedule. Of course, make sure this complies with management first.

"The mind is not a vessel to be filled, but a hearth to be lighted."

› Irene Parlbay: Progressive Prairie Patron

Irene knew a little something about the road less traveled. She cast aside her very formal Victorian roots to plant some good ol' Albertan ones, and likely saved lives doing it.

She made her own way, pushing for important medical advantages like hospitals and mobile dental care for rural Albertan women and children in the 1900s. Her unexpected love of frontier life, and a farmer, sparked her influential journey. So who knows? Maybe we're just the thing to spark yours.



Photocredit: Glenbow Museum



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Forging your first mentor-mentee relationship

Career. You've finally landed that coveted position and now it's time to give back

ALLISON
TSE

TalentEgg.ca

So you've got that dream internship or full-time job, and you think you finally have a sense of where your career is headed. You may be tempted to sit back and relax — but hold on, the work's not over yet.

Seeing that you've just

achieved a major career milestone, this is a critical opportunity for you to give back by becoming a mentor. Whether it's helping a younger student from your university or college, or a new intern at work, here are four reasons why mentoring others can move your career forward.

You'll become more 'well-rounded'

Mentoring is a chance to acquire valuable leadership skills in the early stages of your career. These skills include: giving constructive feedback, communicating in a clear and concise way, and being decisive.

Developing these skills in a low-pressure environment will create multiple opportunities for learning, and will ultimately set you apart from your peers. As the relationship progresses, you'll also be able to ask your mentee for honest feedback that will allow you to further improve.

You'll see how other people solve problems

While guiding your mentee through a situation, you may notice that he or she finds a unique solution to an issue that you would have never arrived at. Mentorship is a rare opportunity to gain a closer view into another

person's perspective and decision-making process, and simultaneously learn from it.

You'll reflect on your own actions and learn from them.

As you mentor someone else, you'll likely provide candid advice based on your own successes and failures.

Sharing your experiences will encourage you to reflect on the past and pinpoint what you may have done differently today. Along the way, you'll come to appreciate how your skills, maturity, and judgment have progressed.



Remember that mentoring is one of the best investments you can make in your career, with benefits that will take shape in more ways than one. ISTOCK

Soup goes from lunch to dinner appetizer

Recipe. Mushroom Chowder is so versatile that it can be served as a dish while entertaining, or with a sandwich for your family members



DINNER EXPRESS
Emily Richards
food@metronews.ca

FLASH FOOD



From your fridge
to your table in
30 minutes or less

This soup makes plenty for a crowd as dinner appetizer, or to be enjoyed alongside a sandwich or salad for lunch.

You can also slurp it warmed up when you come home late, as my good friend Chef Tom Phuong, the man behind this recipe, does after a long shift at the Fairmont Royal York hotel in Toronto.

I love mushrooms and what they have to offer, and Tom's soup has a true mushroom flavour and really allows you to incorporate a nice variety of mushrooms.

I left the version I made a bit chunky. But for a smoother texture, purée the soup in batches in blender and return it to the soup pot to add the remaining ingredients.

If you want to speed up the cooking process, omit the mushroom stock and use 8 cups (2 l) of homemade or store-bought sodium-reduced vegetable broth and adjust the seasoning to taste.

The Mushroom Chowder



This recipe makes 10 servings of 1 cup (250 ml) each. EMILY RICHARDS

TOTAL TIME
ABOUT 35
MINUTES

Ingredients

- 2 pkgs (227 g each) button mushrooms
- 1 lb (454 g) shiitake mushrooms, stems removed for stock
- 8 oz (227 g) oyster mushrooms, tough stems removed for stock
- 1 small portobello mushroom cap, stem removed and gills scraped out
- 2 tbsp (30 ml) butter
- 1 shallot, diced
- 1 onion, coarsely chopped
- 1 leek, white part only, thinly sliced
- 1 stalk celery, chopped
- 1 tbsp (15 ml) chopped fresh thyme
- 1 tbsp (15 ml) chopped fresh tarragon
- 2 bay leaves
- 1/3 cup (75 mL) white wine
- 1/2 cup (125 mL) 35% whipping cream
- 1 1/2 tsp (7 ml) salt
- 1/4 tsp (1 ml) freshly ground black pepper

Mushroom Stock

- 2 cups (500 ml) shiitake and oyster mushroom stems
- 4 sprigs fresh thyme
- 2 sprigs fresh tarragon
- 1 leek, white and light green part only, chopped
- 1 stalk celery, coarsely chopped
- 1 onion, coarsely chopped
- 2 bay leaves
- 1 tsp (5 ml) whole black peppercorns
- 8 cups (2 l) water

will easily keep refrigerated for up to three days, making it a great make-ahead soup.

Directions

1. Mushroom Stock: In a large pot, combine shiitake and oyster mushrooms

stems, thyme, tarragon, leek, celery, onion, bay leaves and peppercorns. Pour in water and bring to a boil. Reduce heat and simmer for 20 minutes. Remove from heat and let stand for 5 minutes. Strain

stock through fine mesh sieve into another pot or large glass measuring cup, discarding the vegetables; set aside.

2. Meanwhile, thinly slice button, shiitake, oyster

and portobello mushrooms; set aside. In soup pot, heat butter over medium high heat and cook shallot, onion, leek, celery, thyme, tarragon and bay leaves, stirring often for about 10 minutes or until golden.

Stir in wine until evaporated. Add mushrooms and pour in mushroom stock; cover and bring to a boil for about 15 minutes or until mushrooms are tender. Remove bay leaves and using immersion blender, blend soup until smooth or to your desired texture. Stir in cream, salt and pepper, and heat until steaming.



This Buffalo Chicken and Kale Stuffed Mushrooms recipe makes 15 mushrooms. MATTHEW MEAD / THE ASSOCIATED PRESS

Mushroom caps meet Buffalo Chicken

Mushrooms are meaty and satisfying, yet a cup has just 15 tiny calories (and two grams of protein). Plus, they offer a dose of antioxidants, vitamins, minerals and dietary fibre.

But the real benefit is that the deep flavour of mushrooms will make you completely forget you are eating something healthy.

Since gametime snacks could use a healthy kick, take all the flavours of a Buffalo wing and stuff them into a mushroom cap, then bake it.

1. Heat oven to 375 F. Line rimmed baking sheet with foil, then mist with cooking spray.

2. Use damp paper towel to wipe mushroom caps clean, then season with salt and pepper. Set aside.

3. In sauté pan over medium heat, melt butter. Add shallot and garlic and sauté until soft, about 3 minutes. Add kale and sauté until wilted. Add lemon juice, cover and allow to steam 2 minutes. Uncover, remove pan from heat and stir in chicken.

4. In bowl, mix cream cheese, hot sauce and blue cheese crumbles. Add kale and chicken mixture to cream cheese mixture and mix well. Spoon

cheese filling into mushroom caps, then arrange filled caps on prepared baking sheet. Mist tops lightly with olive oil cooking spray, then bake 25 minutes, or until tops are

golden and mushrooms are tender.

THE ASSOCIATED PRESS / MELISSA D'ARABIAN, AN EXPERT ON HEALTHY EATING ON A BUDGET AND AUTHOR OF SUPERMARKET HEALTHY.

Ingredients

- Two 10-oz packages medium white button or cremini mushrooms, stemmed
- Kosher salt and ground black pepper
- 1 tbsp butter
- 1 shallot, minced
- 3 cloves garlic, minced
- 1/2 bunch kale, stems removed,

finely chopped (about 1 cup)

- 1 tbsp lemon juice
- 3/4 cup chopped cooked chicken
- 8 oz light cream cheese, softened
- 1/4 cup hot sauce
- 1/4 cup blue cheese crumbles
- Olive oil cooking spray



Fraudsters are using new high-tech scams to get your money. SHUTTERSTOCK

ID fraud expected to rise in 2015: Experts

High-tech. Criminals have become experts at online scamming

BRENT JOLLY
For Metro

While social insurance numbers, health cards or simply a name and address remain the timeworn treasures of identity thieves, industry experts expect the scale and complexity of scams will continue to rise in 2015, particularly in the digital world.

"Over the last few years we have seen a sharp increase in digital skullduggery," said Daniel Williams, a senior call-taker supervisor with the Canadian Anti-Fraud Centre (CAFC) in North Bay, Ont. "The Internet has helped scammers get information from consumers a lot cheaper and easier," he said. "Right now, the sky is the limit."

According to current CACF statistics, 11 of the top 20 kinds of fraud involve the Internet. Williams said the No. 1 fraud is what he calls the "Microsoft virus scan" scam.

In this case, fraudsters swindle unsuspecting computer owners by calling them and claiming to be from a company, such as Microsoft, who need to repair an error on your personal computer. Once they have access to your computer, your digital security has been compromised, Williams said.

"These scammers are incredibly skilled and a lot of ingenuity is put into their schemes. And they are richly rewarded for it."

Jennifer Fiddian-Green, a forensic accountant with Toronto-based Grant Thornton LLP, agrees with Williams. She said consumers need to be aware that identity theft and fraud have become significantly more complex.

In particular, Fiddian-Green

said many criminals are attempting to impersonate private business owners through emails to their own staff. For example, she said cybercriminals will send emails to chief financial officers, or whoever manages the company's corporate bank account, by pretending to be an executive who needs to wire money.

"These emails are remarkably assembled, personal and look exactly like real ones that would be sent within a firm," Fiddian-Green said.

Her best advice? Look for tell-tale signs in the email, such as an extra letter or period that is out of place. Be sure to ask questions to make sure you know who you are dealing with.

"A lot of what scammers are doing right now will continue to be successful," Williams said. "There is no reason to believe they will stop using techniques like phishing emails, or bogus websites."

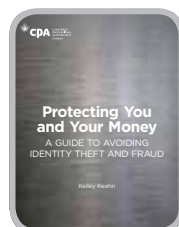


1 IN 3 CANADIANS IS A VICTIM OF FRAUD

Identity theft is a rapidly growing crime in Canada—mass marketing fraud alone totalled more than \$52 million.

Protect yourself with tips from fraud and identity theft experts in this must-read book, *Protecting You and Your Money: A Guide to Avoiding Identity Theft and Fraud*.

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Hamburglar stealing the show with Sens



THE HOCKEY NEWS
Murray Pam
ottawa@metronews.ca

Senators general manager Bryan Murray went into the NHL trade deadline without expectations. Murray wouldn't have minded if a club offered to take one of his veterans' contracts off his hands; or better yet, pry one of the Senators eight defence-man. None of this occurred and Murray didn't appear disappointed.

And why should he be, heading into Tuesday night's action in Minnesota: The team was riding a five-game win streak — including three victories in California, a state where the Senators had taken only two out of nine games the previous five seasons.

Since coach Dave Cameron was handed the reins, the Senators' record is 16-11-5. And much of their recent success can be attributed to one person, goaltender Andrew Hammond.

The White Rock, B.C., native has been somewhat of a godsend to the club. When it was learned Craig Anderson would miss time due to a deep bone bruise to his blocker hand, Hammond was summoned from Binghamton on an emergency basis to fill in as backup.

Dubbed the Hamburglar for his knack of "eating pucks" while playing at Bowling Green University, Hammond has been between the pipes for all the club's wins during the streak, becoming the first Senators goaltender



Senators goalie Andrew Hammond became the first NHL goalie to garner consecutive shutouts on back-to-back evenings in California. HARRY HOW/GETTY IMAGES

to earn five victories in his opening five starts.

On Feb. 16, life drastically changed for the 27-year-old. A devastating crease collision between goalie Robin Lehner and teammate Clarke MacArthur left the pair with concussions. Although Hammond was rusty, allowing two goals in 20 minutes of action, he's been virtually mistake-free since entering the fray.

Hammond's spectacular week did not go unnoticed — he earned NHL first-star honours. The former British Columbia Hockey League Vernon Viper was 3-0-0 with a 0.67 goals-against average and .978 save percentage, while

Assists breakdown

- **Primary assists:**
Kyle Turris - 21
Erik Karlsson - 18
Bobby Ryan - 14
- **Secondary assists:**
Bobby Ryan - 16
Erik Karlsson - 14
Mark Stone - 11

compiling two shutouts. Hammond is also the first goalie to garner consecutive shutouts on back-to-back evenings in California in league history.

The netminder's hot

streak is all the more surprising, considering Hammond was in the midst of a non-descript season in Binghamton. A 3.51 goals-against average and .898 save percentage had the Senators thinking about not extending a qualifying offer to the restricted free agent at season's end.

Hammond will soon reach the 10 games played mark. Once this occurs he will have to pass through waivers to return to the farm club. With this in mind, it's apparent Hammond will remain on the Senators roster for the remainder of the campaign, giving Murray one more decision to make in the off-season.

NHL

Injured Giordano has faith in his surprising Flames

Calgary Flames captain Mark Giordano isn't giving up hope his team can make the NHL playoffs without him.

Giordano addressed the local media on Tuesday, a day before he was scheduled to undergo season-ending surgery to repair a torn left biceps tendon.

The NHL's top-scoring defenceman (11 goals, 37 assists) said many different players have contributed to Calgary's success this season and their efforts can get the Flames to the post-season. Calgary entered Tuesday night's game at Philadelphia in a three-way tie for third place in the Pacific Division standings. **THE CANADIAN PRESS**

Underwood and Fisher welcome baby boy

Carrie Underwood is a new mom, and like all proud parents, she's showing him off in a photo.

The multi-platinum country singer gave birth to Isaiah Michael Fisher on Friday, and on Tuesday, she announced it to the world on Twitter. She posted a picture of Isaiah, showing his tiny hand and a bit of his mouth.

He's the first child for Underwood, 31, and her husband, Mike Fisher, a former Ottawa Senator who now plays for the Nashville Predators.

THE ASSOCIATED PRESS

Leafs' Kessel plays defence for his captain

Phil Kessel is mad as hell about how Dion Phaneuf is treated by the Toronto media, and he's not going to take it anymore.

Kessel offered a passionate defence of the Maple Leafs' captain on Tuesday and said he was fed up with how certain media members talk about the team's No. 1 defenceman.

"I think you guys unfairly criticize Dion," Kessel said after the team's morning skate in Sunrise, Fla. "He's our best defenceman, and you guys act like he's not trying out there and this and that. It's em-

Tweet storm

Kessel's comments came on the same day that Phaneuf threatened legal action after TSN aired an insinuating fan tweet about his wife Elisha Cuthbert and teammate Joffrey Lupul during Monday's trade deadline coverage. TSN issued an on-air apology later in the day.

barrassing. I'm embarrassed for some people and things

they've said about him."

Kessel said media members should be "ashamed" of what they've said to and about Phaneuf. The star right-winger, who like Phaneuf is signed to a lucrative long-term contract, said there's an unfair amount of blame put on the captain for the Leafs' struggles.

"Is it his fault we're losing? No. Did he build this team? No," Kessel said. "It's not Dion Phaneuf. The stuff he takes, the crap he takes, the things people say, I'm just tired of it here." **THE CANADIAN PRESS**



The Maple Leafs' Phil Kessel, left, laid into the media over their treatment of teammate Dion Phaneuf. GETTY IMAGES FILE

Cyprus Cup Canada's last warm up

World Cup looming. Coach John Herdman's aim for final tournament before the big one is to nail down tactics, squad

Call it a dress rehearsal for this summer's Women's World Cup. Canada's women's soccer team plays Scotland on Wednesday to open the Cyprus Cup, the final tournament before this summer's World Cup in Canada, and one last opportunity, says coach John Herdman, to test out tournament strategies.

"It's a pretty serious time and this tournament is an important step for us," Herdman said on a conference call Tuesday. "It's just the fact that you're going from game to game (in a tournament format), and with that you have all your recovery strategies, mental, physical, you have to be slick with your scouting processes, and bringing together the information that has to be passed on from game to game and how that transfers from the staff to the players."

Herdman is fielding a mix

of veterans for the tournament, including Christine Sinclair, Karina LeBlanc, Erin McLeod and Melissa Tancredi, as well as rising stars Kadeisha Buchanan and Janine Beckie. With each passing game, he said, he gets that much closer to cementing his roster for the World Cup, which kicks off in three months.

"We haven't written anyone off. There's still opportunities and the door is always open," Herdman said. "But every time I pick a squad now, getting closer to the tournament, we get a clearer picture."

The notable absences are Diana Matheson and Lauren Sesselmann. Matheson, who scored the lone goal in Canada's 1-0 bronze-medal victory over France at the 2012 London Olympics, tore her anterior cruciate ligament in late October, while Sesselmann tore her ACL a year ago.

The Canadian women are on a roll. They're undefeated in their past six games, which included three victories en route to winning the Bao'an Cup earlier this year in China.

"We're hoping we can keep that roll going because it's great for confidence for our players," Herdman said.

Decisions decisions

"We haven't written anyone off. There's still opportunities and the door is always open. But every time I pick a squad now, getting closer to the tournament, we get a clearer picture."

Canada ladies soccer coach John Herdman

Canada has won the Cyprus Cup three times, and will be gunning for its first title since 2011. Canada finished second in Group A in last year's Cyprus Cup and were relegated to the fifth-place match where they beat Ireland 2-1.

Following their match against Scotland, the Canadians will travel to Larnaca, where they'll face South Korea on Friday. They'll wrap up Group A play on Monday versus Italy in Nicosia.

Herdman said Canada will play in about five friendlies after the Cyprus Cup and prior to the opening of the World Cup on June 6.

THE CANADIAN PRESS



Kadeisha Buchanan, a 19-year-old defender from Toronto, will get a chance to shine with Canada at this month's Cyprus Cup. RICHARD LAM/GETTY IMAGES

Jacobs and team say foot tap wasn't intimidation



Brad Jacobs wants to put the tap behind him. JEFF MCINTOSH/THE CANADIAN PRESS

Curling took a page from hockey's playbook at the Tim Hortons Brier.

It wasn't a slash or a trip, but rather a curling version of a friendly lovetap — and naturally with a broom instead of a hockey stick.

The Brad Jacobs team from Northern Ontario said tapping the foot of an opponent was a reminder for the player to get his knees off the ice after releasing the stone at the Canadian men's curling championships. The incident occurred in Northern Ontario's 7-3 win over Ontario's Mark Kean on Monday

night at the Scotiabank Saddledome.

Ontario coach Bryan Cochran was seen complaining to officials after a Northern Ontario sweeper rapped the foot of Ontario third Mat Camm after he delivered his rock.

In a statement released Tuesday on the team's Facebook page, the Jacobs rink said that "it was not done with any aggressive or intimidating intent" but to remind the player not to leave marks on the ice that can affect the movement of stones.

Warmth from hands and

knees can create a "puddling" effect on the ice.

"It's something we're trying to put behind us," Jacobs said Tuesday. "It's definitely not something we would ever intentionally try to do, intimidate a player or anything like that."

Curling Canada said the chief umpire had spoken with both teams and told them that complaints should be made during the game to the game umpires and not after it. "I have no hard feelings, just as long as everyone learns from the experience," Kean said Tuesday.

"I don't think it's right, but

if everyone can learn from the experience and the officials are on top of that kind of stuff — and they're on top of the knees on the ice, too — then there's no issue between either team." Jacobs, the reigning Olympic champion, topped the round robin at 6-0 after Tuesday afternoon's draw.

Kean, meanwhile, who's making his Brier debut with one of the youngest teams in the field, took a 2-3 record into his evening game against Brad Gushue of Newfoundland and Labrador.

THE CANADIAN PRESS

MLB

Baseball now on the clock after pace of play introduction

With large, glowing red numbers, the timer on the centre-field wall at Goodyear Ballpark ticked down Tuesday, counting off seconds and ushering in change.

Baseball, the timeless game of endless summers, went on the clock.

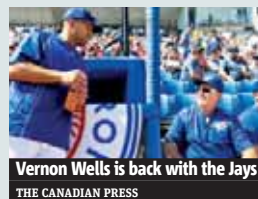
Major League Baseball introduced its new pace of play initiatives during five exhibition games in Arizona and Florida. As expected, there were a few minor glitches as players, managers, umpires and fans adjusted to the "rules" designed to make games shorter, more appealing to TV viewers and perhaps lure the next generation of fans to a sport fighting for attention.

THE ASSOCIATED PRESS

MLB

Jays lose exhibition opener but gain guest coach Wells

Pedro Alvarez hit a three-run shot and Korean rookie Jung Ho Kang connected for his first major league homer, leading the Pittsburgh Pirates to an 8-7 win over the Toronto Blue Jays on Tuesday in the exhibition opener for both teams. Meanwhile



Vernon Wells is back with the Jays. THE CANADIAN PRESS

Vernon Wells is back with the Blue Jays until Thursday as a guest instructor to help mentor younger players. The three-time All-Star outfielder retired after last season.

THE ASSOCIATED PRESS

EPL soccer

Benteke penalty lifts ailing Villa out of drop zone

Southampton and Aston Villa scored late winners in matches affecting opposite ends of the Premier League on Tuesday, while a touchline spat between the managers marred Sunderland's 1-1 draw at Hull.

Southampton revived its

unlikely tilt at Champions League qualification thanks to Sadio Mane's 83rd-minute goal in a 1-0 home victory over Crystal Palace.

Villa climbed out of the relegation zone — at least until the midweek round of fixtures is completed on Wednesday — thanks to a 2-1 win over West Bromwich Albion that was secured by a penalty converted by Christian Benteke in injury time.

THE ASSOCIATED PRESS

European interior with optional features shown

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2015 Buick LaCrosse

- **Type.** Four-door FWD/AWD full-size sedan
- **Engines.** 3.6-litre V6 (304), 2.4-litre I4 with eAssist (182)
- **Transmissions.** Six-speed automatic
- **Price.** Base-tested price (incl. destination) \$37,595/\$52,245

Market position

With the discontinuation of Lucerne, the 2015 Buick LaCrosse is the company's largest and most luxurious sedan. This is a premium brand focused on classy styling, and comfortable road manners. It is geared towards mature, upscale buyers, many of whom currently shop Lexus.

Points

- Utilizes long version of GM's midsize FWD platform, which it shares with Chevrolet Impala and Cadillac XTS.
- V6 models can be configured with all-wheel drive.



All-new model for 2010, with major facelift and updates for 2014.

Interesting features

Very generous back seat space and comfort; I4 models add electric motor and auto stop/start for "mild hybrid" format; new OnStar system with 4G LTE and Wi-Fi hotspot.

Quietly adept at everything



PHOTOS: MIKE GOETZ

Review. Buick's largest sedan, the LaCrosse, is also its most luxurious

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GOETZ
drive@metronews.ca

With Cadillac and Chevrolet in the family, Buick can play in the space between mainstream and premium, and overlap those markets whenever it sees fit.

Buick's largest sedan, the LaCrosse, does this perfectly.

You can load it up with technology and leather bits so it effectively competes with luxury nameplates that bring the top-shelf stuff as standard equipment, or you can opt for a smaller serving of premium features, and still drive away in big, comfy sedan with a bit of upscale swagger.

And based as it is on a stretched version of GM's front-

wheel-drive midsize platform, LaCrosse effectively competes against a lot of nameplates — basically anything large and FWD-based — from both the mainstream and luxury brands. Think Toyota Avalon, Chevrolet Impala, Lexus ES, Nissan Maxima, Lincoln MKS, Ford Taurus, Kia Cadenza, and so on.

Our test LaCrosse was at the premium end, with AWD, the 304-hp V6, two extra safety packages, a huge panoramic sunroof and the big-screen TV with all the infotainment and connectivity options. Net result: a pre-tax MSRP (including destination) of \$52,245.

For that money you get the top-shelf technology, like forward collision alert, lane departure warning, articulating headlights, adaptive cruise control, and the latest version of IntelliLink and OnStar, which actually makes the Buick a Wi-Fi hotspot for all your passengers. The system can also read incoming texts through the



Last year's interior redesign makes the LaCrosse less fussy.

speakers and be paired with iPhone for Siri Eyes Free.

Once you get that set up, it's time to drive, and the first impression is one of smoothness and quiet. Quiet Tuning is an official Buick "branding" thing, but it's totally legit. This is a very quiet automobile, which goes a long way in creating a luxury vibe. Last year's interior redesign made it less fussy, which also contributes to the Zen-like experience, as does

GM's super-smooth 6-speed automatic transmission.

The AWD version makes do with a less sophisticated rear suspension to make room for the extra drivetrain bits. And only FWD models can be had with the optional "real time" self-adjusting dampers. Either way, the LaCrosse feels light and agile on its feet, and the AWD versions always have a bit of torque going to the rear wheels, for more balance in cor-

Compare



1 Lexus ES350
Base price: \$43,595
A Camry with the Lexus treatment.



2 Lincoln MKS
Base price: \$49,860
Standard AWD, but lacks finish.



3 Chrysler 300
Base price: \$39,590
RWD, not quite premium, but nice.

nering and smooth takeoffs.

The overall smoothness and quietness might be reason why the 300-hp V6 doesn't quite feel like 300-hp should, at least to this driver. It's fast enough, just not in a way that makes you aware of the fastness.

The extra length of the LaCrosse over midsize nameplates is well leveraged in the rear seating area; legroom and comfort are fabulous. The trunk, however, is only average for this class, with a rather smallish opening.

Today's Buicks look sharp, particularly this LaCrosse, whose extra length gives it more sleekness.

Overall, it's a smooth operator that does everything professionally, with little fuss or drama.

5 DRIVE

Waging war on waste in the auto industry

Driving Force.

Making vehicles more environmentally friendly isn't just about reducing fuel use and emissions.

JIL
MCINTOSH
drive@metronews.ca

It takes many resources to build a car, and manufacturers are always looking at ways to improve the process and reduce the amount of waste.

"We use the 'Three Rs' and add a fourth, which is refuse," says Brad Nichol, assistant manager of production control at Toyota Motor

Manufacturing Canada.

"If material is of no use to us, such as parts we don't need, we refuse them at the door. We work with our suppliers to find returnable packaging. Not just replacing a cardboard box with a tote, but the layers that protect the parts have to be returned to the sup-

plier, and that's done a great deal in reducing our waste."

These returnable items now include dunnage, the foam or other soft material that's used to protect smaller parts when they're packed inside boxes. The dunnage is returned and as much of it as possible is used again when the next

shipment of parts is packed for delivery.

Automotive plants use large amounts of power and water, but along with obvious solutions such as more efficient light bulbs, companies also look for improvements that eliminate issues at the source. For example, improved auto paint formulas and application methods can cut down on factory emissions and waste overspray, and require far less electricity when curing the finish.

One of the major goals for all automakers is to reduce the amount of waste they send to landfills, and 32 of Toyota's North American facilities now meet the definition of a zero-waste business, meaning they divert 90 per cent or more of all their waste from landfills or incineration.

Whenever possible, waste is diverted directly inside the plant, further reducing costs by not having to ship the material to a recycler.

"We manufacture plastic bumpers, and if we find a defect, we take that rejected bumper, send it to a grinder, and it becomes raw material for the next bump-

A resumé of reduction

- Car manufacturers strive to meet certification by LEED (Leadership in Energy and Environmental Design), an international rating system for cost-effective "green" buildings.
- "New car smell" comes from toxic substances found in glue, plastic, textiles and other components. Automakers are working with suppliers to develop safer substitutes.

er," Nichol says. "We have quality standards to make sure (the ground plastic) is not contaminated before we reuse it."

Manufacturers also look to their workforce, and programs include composting waste in plant cafeterias, colour-coding waste and recycling bins so that trash can be effectively sorted, and offering incentives for employees to come up with innovative ways to improve the plant's waste reduction processes.

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Highline model shown

2015 Tiguan 2.0T Trendline

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for 48 months†

Includes \$1,750 discount**

1.9% APR

\$3,922 down payment



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*Limited time finance offer available through Volkswagen Finance, on approved credit based on a new and unregistered 2015 Tiguan 2.0T Trendline base model with 6-speed manual transmission. Base MSRP of \$26,750, including \$1,760 freight and PDI, financed at 0% APR for 36 months equals 78 bi-weekly payments starting from \$272. \$3,775 down payment due at signing. Cost of borrowing is \$0 for a total obligation of \$25,000 (price after \$1,750 discount). PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. **\$2,000/\$1,750 discount on MSRP available on cash purchase, finance or lease of new and unregistered 2015 Tiguan 2.0T Highline / Tiguan 2.0T Trendline models. Discount varies by model. Offer cannot be combined with any other offer not shown in this ad. †Lease payments of \$215 on the Tiguan must be made on a monthly basis and cannot be made bi-weekly. Bi-weekly payment amount shown includes \$1,750 discount. Limited time lease offer available through Volkswagen Finance, on approved credit, based on a new and unregistered 2015 Tiguan 2.0T Trendline base model with 6-speed manual transmission. \$1,760 freight and PDI included in monthly payment. 48-month term at 1.9% APR. \$3,922 down payment, \$260 security deposit and first monthly payment due at lease inception. Total lease obligation: \$14,218. 64,000-kilometre allowance; charge of \$0.15/km for excess kilometres. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. ††2015 Volkswagen Tiguan 2.0T 4MOTION® received a 5-star side-crash rating. Government star ratings are part of the U.S. National Highway Traffic Safety Administration (NHTSA) New Car Assessment Program (safercar.gov). Crash performance was based on a U.S.-equipped vehicle. Some features on that model may be optional or not available in Canada. Dealer may sell or lease for less. Dealer order/trade may be necessary. Offers end March 31, 2015 and are subject to change or cancellation without notice. Model shown: 2015 Tiguan 2.0T Highline R-Line, \$41,240. Vehicle shown for illustration purposes only and may include optional equipment. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Das Auto & Design" and "Tiguan" are registered trademarks of Volkswagen AG. © 2015 Volkswagen Canada.



Auto plants are striving for efficiency, such as reducing the number of steps an employee must take to finish each job. CONTRIBUTED

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

A couple of days from now you will have to start making more of an effort, especially on the work front, but today and tomorrow almost everything will come easy to you.

♉ Taurus

April 21 - May 21

Someone will expect you to live up to the inflated image they have of you but if you try, you may fall flat. Be who you are and insist that everyone takes you as they find you.

♊ Gemini

May 22 - June 21

Honesty is the best policy today, even if it means you hurt someone's feelings by calling it as you see it.

♋ Cancer

June 22 - July 23

Make an effort to get out and meet as wide a range of people as possible. You may not like everyone you encounter but each one of them will have something worth hearing.

♌ Leo

July 24 - Aug. 23

Can you adapt? It may not come easy to you but it's a must today as Uranus, planet of changes, is so strong in your chart. All changes will be good for you, so embrace them.

♍ Virgo

Aug. 24 - Sept. 23

Don't waste time getting others' opinions about what you intend to do. Just get on and do it and let the chips fall where they will.

♎ Libra

Sept. 24 - Oct. 23

Today's links between Venus, your ruler, and Jupiter and Uranus will encourage you to see the best in all people — not just the ones you like.

♏ Scorpio

Oct. 24 - Nov. 22

Make an effort to tie up loose ends because come the weekend there will be new challenges to tackle and the last thing you want is old plans and projects holding you back.

♐ Sagittarius

Nov. 23 - Dec. 21

If life has been a bit dull of late, spice things up. Some people will remind you that these are serious times but that just makes laughter more valuable.

♑ Capricorn

Dec. 22 - Jan. 20

If you have something to say make sure you say it loud and clear. Don't worry that by speaking your mind you might damage your career prospects — it's a risk worth taking.

♒ Aquarius

Jan. 21 - Feb. 19

Yes, you can turn your dreams into realities. With Uranus, your ruler, linked to values planet Venus today you only have to put a name to your desires to see them come true.

♓ Pisces

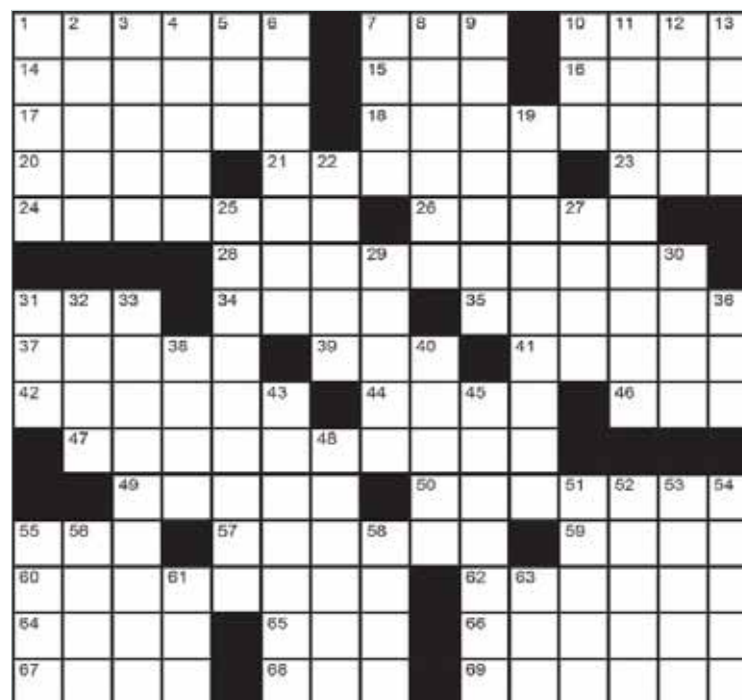
Feb. 20 - March 20

If you don't like the way those around you are doing things speak up about it, especially if you fear their mistakes could cost you money.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Ready-made, commonly
7. Electrical resistance unit
10. Goulash
14. Royal ___ (Canadian real estate company)
15. Mens ___ (Criminal intent, in law)
16. Cycled
17. Lacking standards
18. Brings up somebody's name
20. Taylor Swift's "All You Had ___ Was Stay"
21. Halifax-born actress Ms. Braganza
23. Arm drawing, commonly
24. Darling
26. H's spelling
28. La La La ___ (Founded in 1980, Canadian contemporary dance company known for its unique choreography)
31. Leningrad's lang.
34. Internet pub.
35. Under the weather
37. Jessica of "Gossip Girl"
39. Tasty tuber type
41. ___ Canada (Aluminum company)
42. Mints brand: 2 wds.
44. Sluggish
46. PC information units



47. "Welcome to My Life" band from Montreal: 2 wds.
49. 'E' of literary monogram TSE
50. Trinkets-displaying furniture piece
55. Adjust
57. Split-causing rift
59. Amongst
60. "Knock it off!": 2 wds.

62. Lunch hour activity
64. Mr. Eisenberger, Mayor of Hamilton
65. "Bambi" (1942) character
66. Strongly against
67. Chuck
68. US tax ID
69. To a ___ extent

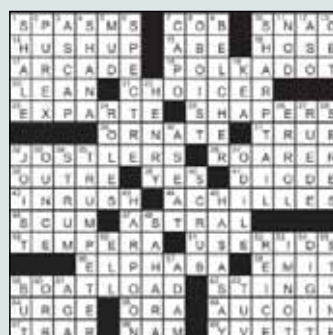
2. Tend to the lawn some more
3. Lyric poem
4. Denmark's ___ Islands
5. Palindromic honorific
6. Antwerp's country
7. Elm: French
8. ___ Blaikie, former Canadian law firm
9. Single-named

- contemporary Christian singer who was an "American Idol" contestant in 2006
10. Lanka's lead
11. Hors d'oeuvre piercer
12. Dame Everage link
13. Kim Kardashian ___
19. Manitouwadge, Ontario-born actress Ms. Jones of CBC's

"Strange Empire"

22. Catriona ___ Doan, Canadian Olympian/broadcaster
25. "The Marilyn Denis Show" expert Joe Rich, Family ___
27. Particular phone
29. Audibly astounded
30. Highbrow
31. Q-U's middle
32. Submachine gun types
33. Clubs and civilizations
36. Car's consumption
38. WWW code
40. Titles for French misses [abbr.]
43. Bells: French
45. Porridge
48. Mr. Hawke's
51. Backyard entrances
52. Gulf leaders, variously
53. Washing cycle
54. Border-defining gardening tool
55. Floor plan measuring unit, briefly: 2 wds.
56. 12-star coin
58. Q. "Canadian" ...is ___ adjective?"
- A. "Yes, but also a noun."
61. QB's feats
63. ___ Carling in Ottawa, e.g.

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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